

Diabetes Patient Education

Participation in a diabetes education course can increase knowledge and compliance in diabetes self-management, resulting in reduced complications.

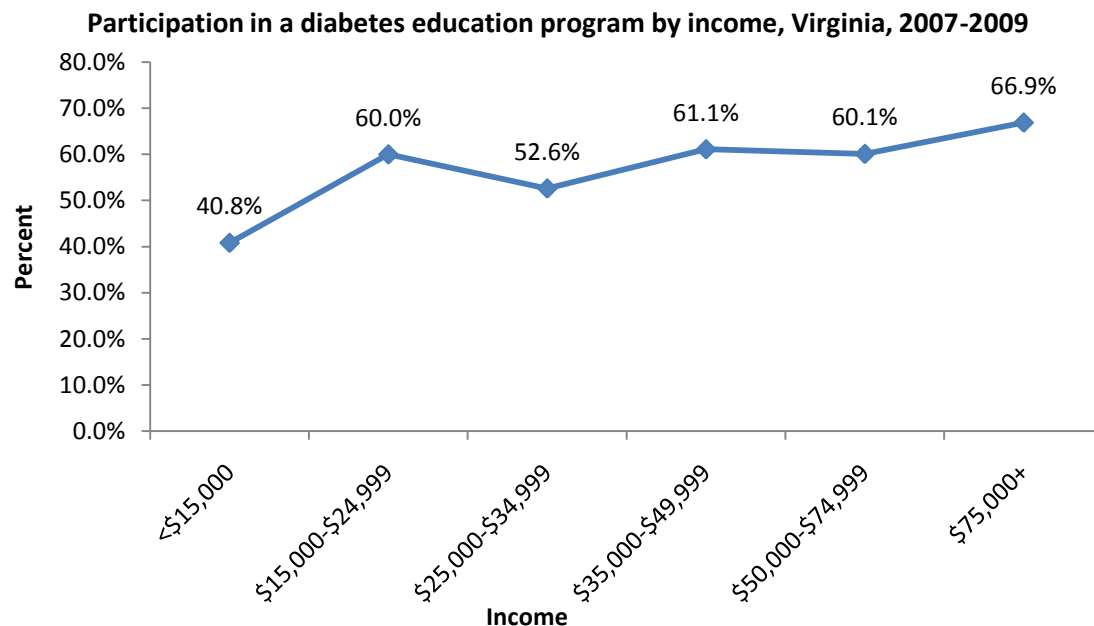
In 2007-2009, 57.2% of adult Virginians with diabetes reported having ever participated in a course or class on how to manage their diabetes. There were no significant differences in ever having participated in a diabetes education class by gender or race/ethnicity.

Participation in a diabetes education program by gender in Virginia, 2007-2009

Gender	Percent Participating with Diabetes
Male	56.9%
Female	57.5%

Participation in a diabetes education program by race in Virginia, 2007-2009

Race	Percent Participating with Diabetes
White, NH	57.4%
Black, NH	60.6%
State average	57.2%



Source: Behavioral Risk Factor Surveillance System (BRFSS), 2007-2009.

Data notes: Percent is of adults who reported having ever taken a diabetes education class. Percents are weighted based on demographic and household characteristics. 3 years of data were used to improve population estimates.

Healthy People 2020 Objective: (D-14) Increase the proportion of persons with diabetes who receive formal diabetes education to 63%.

American Diabetes Association: [DiabetesPro](#) | [Find a Program near You](#); www.diabetes.org

Updated by the Virginia Department of Health, Office of Family Health Services, Diabetes Prevention and Control Project on 7/2011. For more information, visit <http://www.vahealth.org/cdpc/diabetes/>.